

Braised Spinach



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



102 kcal

SIDE DISH

Ingredients

- ☐ 4 garlic cloves minced
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 large onions red sliced
- ☐ 0.8 teaspoon pepper flakes dried red crushed
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 2 tablespoons soya sauce
- ☐ 4 large bunches pkt spinach fresh with water still clinging to leaves, stems trimmed and leaves coarsely chopped washed

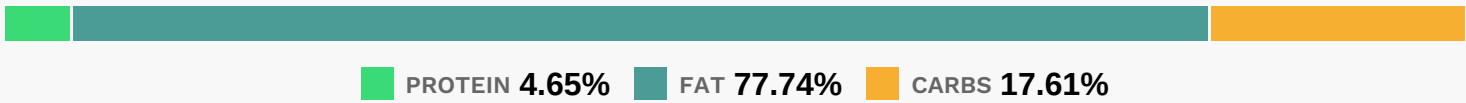
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Heat the oil in a very large pot over medium heat.
- ☐ Add the onion and garlic, and saute until tender, about 8 minutes.
- ☐ Add 1/3 of the spinach and saute until it begins to wilt, about 1 to 2 minutes. Continue adding the spinach 1 handful at a time, sauteing just until it begins to wilt before adding more.
- ☐ Add the soy sauce and crushed red pepper.
- ☐ Saute over high heat until spinach wilts. Season the mixture, to taste, with salt and black pepper.
- ☐ Transfer the mixture to a bowl and serve.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:1, Inflammation Score:-3, Nutrition Score:2.6630434938099%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.5mg, Quercetin: 7.5mg, Quercetin: 7.5mg, Quercetin: 7.5mg

Nutrients (% of daily need)

Calories: 101.92kcal (5.1%), Fat: 9.09g (13.99%), Saturated Fat: 1.27g (7.92%), Carbohydrates: 4.63g (1.54%), Net Carbohydrates: 3.79g (1.38%), Sugar: 1.7g (1.89%), Cholesterol: 0mg (0%), Sodium: 341.79mg (14.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.45%), Vitamin E: 1.41mg (9.43%), Vitamin K: 9.25µg (8.81%), Manganese: 0.13mg (6.68%), Vitamin B6: 0.09mg (4.38%), Vitamin C: 3.53mg (4.27%), Fiber: 0.84g (3.36%), Vitamin A: 138.1IU (2.76%), Potassium: 84.29mg (2.41%), Folate: 9.49µg (2.37%), Phosphorus: 22.73mg (2.27%), Iron:

0.38mg (2.08%), Magnesium: 7.64mg (1.91%), Vitamin B1: 0.03mg (1.71%), Copper: 0.03mg (1.65%), Vitamin B3: 0.33mg (1.64%), Calcium: 15.27mg (1.53%), Vitamin B2: 0.03mg (1.47%)